

LESSON PLAN

Unit 27. HEALTHY LIFESTYLES

X-XXX-XXX2 Rev B

Topic 27.1 Healthy Lifestyles (Tobacco)

CLASS PERIODS: 1

LAB PERIODS: 0

Enabling Objectives:

- 25.1 **IDENTIFY** policy and program for Smoking Prevention and Cessation in accordance with Navy and Marine Corps Tobacco Policy, SECNAVINST 5100.13B
- 25.2 **IDENTIFY** the Health Hazards and Affects of Tobacco Use in accordance with Navy and Marine Corps Tobacco Policy, SECNAVINST 5100.13B

Trainee Preparation Materials:

A. Trainee Support Materials:

1. None

B. Reference Publications:

1. None

Instructor Preparation:

A. Review Assigned Trainee Material

B. Reference Publications:

1. Navy and Marine Corps Tobacco Policy, SECNAVINST 5100.13B

C. Training Materials Required:

1. Transparencies
 - a. DON, 27-1-2
 - b. Hazards of Use I, 27-1-6
 - c. Hazards of Use II, 27-1-7
 - d. Healthy Lifestyles, 27-1-1
 - e. Navy Policy, 27-1-3
 - f. Stopping, 27-1-5
 - g. Summary, 27-1-8
 - h. Tobacco Use, 27-1-4

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DISCUSSION POINT

1. Introduction

RELATED INSTRUCTOR ACTIVITY

1. Establish Contact.

Write name no VAP board.

Introduce Yourself.

The Navy is committed to a tobacco free Navy. This will promote a healthier lifestyle, cleaner ship and enhance the image of the American Sailor. In the following lesson we will discuss the benefits of tobacco cessation.

State Lesson Objectives.

Reference Navy and Marine Corps Tobacco Policy, SECNAVINST 5100.13B.

2. Policy and Program for Tobacco Prevention and Cessation

- a. The Department of the Navy does not prohibit tobacco use. It is the Navy's policy to create an environment that:

2. Show Transparency 27-1-1, Healthy Lifestyles.

- a. Show Transparency 27-1-2, DON.

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DISCUSSION POINT

- (1) Supports abstinence and discourages the use of tobacco products
 - (2) Creates a healthy working and living environment
 - (3) Provides tobacco users with encouragement and professional assistance to quit
- b. Tobacco use includes the use of smoking and smokeless tobacco (spit, plug, leaf, snuff, dip, chew)
 - c. Smokeless tobacco is not a safe alternative to smoking
- (1) Prohibited during briefings, meetings, classes, formations, inspections, while on watch, and in all other situations not listed here where proper decorum is required.
- d. Tobacco use is restricted to authorized areas only

RELATED INSTRUCTOR ACTIVITY

- (1) Show Transparency 27-1-3, Navy Policy.
- b. Show Transparency 27-1-4, Tobacco Use.

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DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(1) Smoking

- (a) Permitted in living quarters with adequate ventilation
- (b) Designated smoking areas such as weather deck spaces of surface ships
- (c) Certain outdoor areas

(2) Smokeless tobacco

- (a) Where permitted, tobacco spit shall be held in containers with sealing lids to prevent odor and accidental spills. All spit and residue will be disposed of in a sanitary manner which prevents public exposure.

e. Cessation

e. Show Transparency 27-1-5, Stopping.

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DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (1) Self-Help - Do it yourself
 - (2) Cold turkey
 - (3) Stop with someone
 - (4) Set a target date
 - (5) Empty your ashtrays
 - (6) Throw out all tobacco products
 - (7) Reinforce decision (exercise, estimate money saved)
- f. Gradual Reduction

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DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (1) Refer to list of reasons to stop
- (2) Switch brands
- (3) Smoke half as much
- (4) Maintain record of tobacco use
- (5) Purchase fewer products
- (6) Set daily quota
- (7) Postpone each use of tobacco product
- (8) Seek personal support
- (9) Change your habits

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RELATED INSTRUCTOR ACTIVITY

3. Health Hazards and Affects of Tobacco Use

- a. Tobacco use is considered the chief preventable cause of premature death and disease in the USA, killing more than 400,000 (19% of total deaths) annually.

- a. Show Transparency 27-1-6, Hazards of Use I.

- (1) Causes cancer (lung, larynx, throat, esophagus, kidney, pancreas, bladder)

- (2) Show Transparency 27-1-7, Hazards of Use II.

- (2) Lung and heart disease (chronic bronchitis, emphysema, lung infections, chronic obstructive lung disease)

- (3) Adversely affects night vision, respiratory capacity, and wound healing rates

- (4) Contributes to risk of cold injuries, including frost bite

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RELATED INSTRUCTOR ACTIVITY

- (5) Higher accident rates

- (6) Harms readiness by impairing physical fitness and by increasing illness, absenteeism, premature death, and health care costs

- (7) Smokeless tobacco also damages gums, teeth, and oral soft tissue. It is also a potential health risk to others as saliva is a culture medium for infectious organisms in open containers or waste baskets

- (8) Positive affects of stopping use of tobacco:
 - (a) Breathing is easier

 - (b) Sense of taste and smell will improve

 - (c) Have more energy

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DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (d) Save money
- (e) Lungs will work better
- (f) Heart won't have to work as hard
- (g) Have more confidence
- (h) Others won't be disturbed
- (i) Health risks go down

4. Summary

4. Show Transparency 27-1-8, Summary.

- a. Navy Policy for Prevention and Cessation
- b. Health Hazards

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RELATED INSTRUCTOR ACTIVITY

- c. Positive Affects of Stopping

5. Assignment

- a. None

6. Evaluation

- a. None